

EQUIPMENT:

Throw down strips or spots x 24
Stopwatch

How can you improve your strength?

I can support my own body weight on at least two of the exercises

I can support my own body weight throughout most of the exercises

I can support my own body weight, showing good technique

Note: this may take more than one lesson

WARM UP:

Warm up- follow coach Kelly or see below...

1. Children to create their own Aerobic dance warm up (pulse raiser) Children complete this to music

Remember using movements such as running, jumping, skipping, star jumps etc...

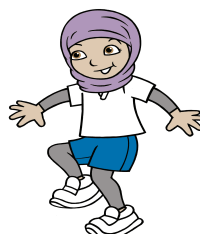


Healthy ME

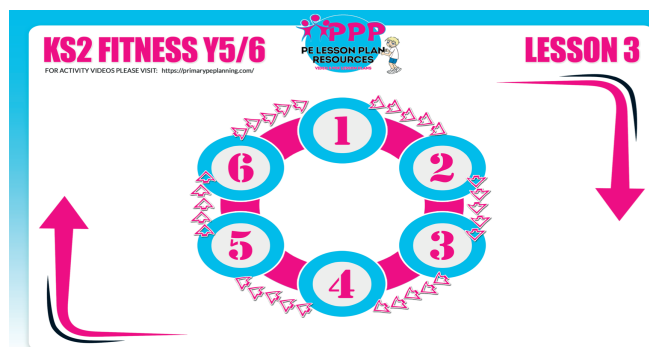
Did you know **Aerobic** activity is any kind of movement that makes your muscles use oxygen

During **aerobic** exercise, large muscles are moving, the heart beats faster, and you breathe harder.

Aerobic activity strengthens the heart and improves the body's ability to deliver oxygen to all its cells.



Circuit Layout:



1. Watch and have a go! Play the videos to ensure their techniques are correct.

Recap of prior learning: What is strength?

Muscle strength is how strong you are.

Muscular endurance is how long your muscles can work.

2. Complete the circuit (they could do this twice)

3. Create an exercise which helps improve your muscle strength

1. In your arms - e.g. arm circles, push ups against a wall, throwing a ball to a partner etc...
2. In your legs- e.g. squats, bend down and touch the floor on one leg, jumping over cones etc...

Linking learning: In which sports would these exercises help your performance e.g.

Arm strength - Gymnastics, netball, tennis Rugby.

Leg strength- Athletics, football, swimming, martial arts

Circuit 1	Exercises	Time	Rest Time	Differentiation		Equipment needed
Station			Rest	Make it easier	Challenge	
1	Shuttle Runs - to & from cone - sprint to cone and jog back	40sec	20sec	Jog to and from	Sprint to and from	2 x throw down strips/ spot/cones per child
2	Step ups - onto bench	40sec	20sec	Slowly - controlled	Fast - explosive	No equipment
3	Rebound Push ups - From their knees, push off with their hands and land on their hands	40sec	20sec	Normal press ups from your knees	Full press ups - don't start from your knees	No equipment
4	Side Plank - leg on the top place in front of the planted leg to help with balance	40sec	20sec	Keep both your lower leg - on the floor and just push your hips off the floor	Balance top leg on top of the planted leg	No equipment
5	Squat - lift - knee forward - control and start again	40sec	20sec	Only Squat	Make the squat explosive and speed the drill up	No equipment
6	Mountain Climbers	40sec	20sec	Don't need to bring step forward so high on the climb	Control the hips - no movement and step outside next to your hand	No equipment

Healthy ME

When you exercise, there is more blood flow to the brain. This means the brain receives more oxygen and nutrients.

How does exercise improve concentration? The exercise sends more oxygen to the brain, improving focus.

Some Key Values you may have used today...



COOL DOWN

Children to create their own cool down- gentle jogging, slower movements to decrease their pulse rate. They could add some stretches.

PLENARY

How can you improve your strength? Can you suggest how arm strength will help you when playing netball or tennis? How will leg strength help you perform better in football or martial arts?